V2K Recording Guide

Overview

I wanted to right a guide for recording what many refer to as V2K or ELF audio along with a demo video of me recording the nasty messages being broadcast that I'm hearing in my ears so you can get a sense of what quality recordings I'm able to acquire using this technique. With a bet of scouring the internet and looking the other way copyright wise you can do this all for free using torrents, or a more simplistic version using just audacity which won't quite be as refined but will be 80% of the way their. Example original audio and the final result after making modifications https://fastupload.io/033bc116c32b528c. You will notice -2 is after I run it thru Izotope RX 10 Avanced as well for a demo of how much difference the commerical software makes. Izotope ranges from $299–$719 it appears with a quick google search but if you know how to use torrents version 10 which I can't link to here is available for download on popular torrent sites and is the current version that I used to get the end result above.

Making the Recording

The 1st step is too get a good quality recording without other interference. For a device I use my Iphone 11 it tends to have high quality audio recording capabilities and is what is responsible for the result I'll provide a link to. You don't need background noise like everyone mentions, just a software to get the near invisible sound out of the recordings. I suggest holding the microphone directly up to your eardrum and covering your head with a blanket to start off with. Keep as close to complete silence in your environment otherwise, even small noises will make it difficult to get a good recording. Spend some time recording the audio using this technique.

Getting the Software

You will want to download audacity with the open-vino plugin if you don't already have it.Now download Open Vino open source plugin for audacity. I use 2025.1 currently it's possible they patch this out in newer versions, since this is open source this version will always be available in its current state for download and not patch-able, trust me they are fretting I'm posting this and they have crossed a line for me to do so if you are reading this. While installing and activating Open Vino make sure you download all the models for noise suppression. The one I've had the most luck with is noise-suppression-denseunet-II-0001 this one is truly the winner and realistically the only one you truly need. If you don't see it in the list of

plugins after installing remember to activate the plugin as shown here https://snipboard.io/xEQDb8.jpg or follow the instructions / download info here - https://www.audacityteam.org/download/openvino/

Editing the recording in audacity

Afterwards go into audacity. The audio should look empty, amplify it typically by 30 you want to make sure the audio fills up the timeline bar horizontally but not have the audio break the barrier of the recording ceiling where it's over amplified. Here is a screenshot as an example right before running the filter - https://snipboard.io/k9oDSK.jpg. Now that you have your recording around equal level (any spikes de-amplify using the amplify filter to make it around the same level audio run the background noise filter), it's time to click on the openvino noise suppression plugin and run it. Aftwards apply the following filters / settings -

Effect -> EQ and Filters -> High-Pass Filter, Frequency 1500HZ, Roll-off 6dB.

Effect -> EQ and Filters -> Low-Pass Filter, Frequency 1000HZ, Roll-off 6dB.

Now amplify the recording to a good level not breaking the plane, but still at a decently loud full volume using the Amplify filter.

Optional enhancement

If you recorded with an iphone you will see two channels, if you have a single channel device skip this. Merging to a single channel seems to provide better results from this point forward. Click on the triple dots on the audio channels and select Split Stereo Track. Now you will notice the left and right tracks are pulled according on each channel, move them both to the middle. Now highlight both tracks. Select Tracks -> Mix and Render to new Track. This will make a 3rd track discard the prior two separate tracks and keep the combined track.

Exporting

I'd recommend exporting the audio at the original byterate / quality the original recording device you recorded on handles. This will be the default option. Wav is recommended as it's lossless contrasted to mp3 which will degrade quality.

Congratulations if all went well you should be 80-90% cleaned up. If you purchased or pirated the IsoTope Audio RX 10 or 11 continue on cleaning up your recording further.

IsoTope RX Advanced Cleanup

After cleaning up in Audacity import the wav file. This is more of an art then a science and depends greatly on your recording so it requires some tinkering. I'd suggest 1st running De-ess, De-hum, De-plosive, De-result, De-click and De-wind before moving on to either Dialog isolate or Voice Denoise. You can keep cylcing thru the effects to see if your recording is

improving listening after applying the effects. If your recording becomes to quiet use either normalize or leveler to get it back up to a decently high recording. You want your recording to have some bridges but not to be terribly offcenter here is a good looking recording as an example https://snipboard.io/XqLVfC.jpg . If it has more pronounced humps and mounds use De-clip and pull both Threshold dials to 16 and continuously apply (it will take like 20 applies) until the recording is closer to the pictured recording. Rinse and repeat and continue cleaning up the recording until it seems like you are loosing quality instead of gaining. I've had mixed results with Spectral de-noise this sometimes works as well.

Final Cleanup / Parting Thoughts

Sometimes bringing this back into Audacity and running the highpass and lowpass filters and re-amplifying will bring back a better result. Each time I save out an iteration I number it. Sometimes I have good results mix past and future takes together blending them together in Audacity before merging them down to a single track for the best result, a lot of it is playing around, listening and being a good judge when the audio quality is improving. It's easy to enhance too far so save many iterations along the way to go back to a previous version and to compare them after doing a new round of cleanup.

Audio Achieved!!!

You can finally show your significant other or whoever doesn't believe you hear this stupid shit and let them listen to what you actually hear, if your reading this I was tortured electronically with another tool and posted this specifically to piss them off to no end as they were extremely concerned about the level of quality of recordings I was achieving, hopefully I'm still around. Not sure if V2K is the same as what I have, they call my a full-set and refer to an actual implant existing instead of just waves over a channel, none the less it's probably worth giving this technique a swing to see if you can truly document with semi clarity enough to make out conversations the shit that is probably driving you nuts at the current moment.

#v2k #record #recording #guide #targetedindividuallivesmatter #targetedindividualscanada #targetedindividualsunited #targetedindividualsusa #target #audiosupport #audios #attack #torture #síndrome #Habana #habanacuba